

					Water In Elevate	Water In Elevate	6:00-6:45
		Aqua Elevate	Aqua Interval Training	Forever Fit Aqua Foundations	Aqua Interval Training	Aqua Elevate	11:00-12:00
		Aqua ACT	Aqua Elevate	Strength & Tone	Aqua Elevate	Aqua ACT	9:30-10:30
		Water In Motion	Arthritis Aquatics	Arthritis Aquatics	Arthritis Aquatics	Arthritis Aquatics	8:00-9:00
SUN	SAT	FRI	THU	WED	TUE	MON	

## AQUA FITNESS

		9:00	RPM
	Sprint	8:00	
SUN	SAT		

					6:00	UltraSPIN
					12:00	
				RPM	9:00	RPM
				RPM	5:30	
FRI	THU	WED	TUE	MON		

## CYCLING STUDIO



# Group Fitness Classes

Studios & Pool 3/1/25

## STUDIO 1 | Cardio-Strength

	MON	TUE	WED	THU	FRI
5:15	Grit Cardio	Body Pump 45		Body Pump 45	Grit Strength
5:15					
6:10			Body Pump 45		
8:00		Body Step 45	Total Barre		Barre Intensity
8:20	Body Pump 30			Les Mills Core	
9:00	Total Barre	Body Pump	Zumba	Body Step 45	Body Pump
10:00	Body Combat	Les Mills Core	Body Combat	Body Pump 45	
11:00	Forever Fit Cardio Tone	Forever Fit Strength & Balance	Zumba Gold	Forever Fit Strength & Balance	Zumba Gold
12:00	Body Pump				Body Pump
4:30	Body Step 45	Body Pump	Body Step 45	Body Pump 45	
5:30	Body Pump 45	Body Combat 45	Body Pump		
6:30		Les Mills Core	Zumba	Grit Strength	

## STUDIO 2 | Yoga-Pilates-Stretch

	MON	TUE	WED	THU	FRI
7:00		Sunrise Vinyasa		Sunrise Vinyasa	
8:00	Fitness Stretch		Fitness Stretch		
9:00	Power Yoga	Graceful Vinyasa Flow	Body Balance	Vinyasa Yoga	Pilates
10:10	Vinyasa Yoga	Buti Yoga	Pilates Sculpt	Hip & Pelvic Release	Vinyasa Yoga
11:20				Manifestation Meditation	
11:30	Yin Yoga		Body Awake Yoga		Slow Flow
12:00		Forever Fit Chair Yoga		Forever Fit Chair Yoga	
4:30	Pilates Sculpt	Vinyasa Yoga	Barre Pilates Fusion	Guided Meditation	Hatha Yoga
6:00	Power Yoga	Body Balance	Gentle Yoga	Body Awake Yoga	Restorative Yoga

	SAT	SUN
8:00	Body Balance	
9:00		Vinyasa Yoga
9:10	Vinyasa Yoga	
10:45am	Somatic Breathwork	

**Reserve Your Spot For Class 26 Hours In Advance**  
 With The Hampshire Hills App, On Our Website or Call 673.7123  
*If You Are Unable To Attend A Class You Registered For*  
**Please Call To Cancel or Cancel on The App**  
**Fees Charged For No-Show**